

# Produce of the Month



## Swiss Chard



### Nutritional Information



One cup of boiled Swiss Chard is only 35 calories



The enzymes in Swiss Chard help keep blood sugar more steady and may benefit those with diabetes



Swiss Chard is high in vitamin C, vitamin K and vitamin A, which helps with vision and skin health.



Swiss Chard is rich in minerals like calcium, copper and iron

### Fun Facts



Swiss Chard is not, in fact, originally from Switzerland.



Ancient Greeks and Romans honored chard for its medicinal properties.



Swiss Chard is in the beet family

### Selecting, Storing, Preparing



Look for Chard that is in a chilled display case for a crunchier and sweeter taste, the leaves should not be wilted or browning and the stalks should be crisp



Be sure not to wash Swiss Chard before storage, water will encourage spoilage.



Place Swiss Chard in a plastic bag and wrap tightly, place in the refrigerator to keep fresh for up to 5 days



You can also blanch and freeze chard



Swiss Chard should be rinsed, sliced and boiled and added to your favorite dish



You can eat the stems and the leaves of chard

### Recipes/Ideas

- Toss Swiss chard in with your favorite pasta dish
- Add chard to an omelet
- Use Swiss Chard in place of or along side of spinach in meals

For more ideas:

<http://allrecipes.com/recipe/148889/sauteed-swiss-chard-with-parmesan-cheese/>

<http://www.cookinglight.com/food/recipe-finder/swiss-chard-recipes>

<http://95210.townofmanchester.org/>

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You